

The Trail MIX

The neighborhood news from Trinity Woods | Issue: March 2025



WHAT ARE YOU WAITING FOR?

By: Bonnie Polak, VP of Philanthropy and Community Engagement

As we age, our needs and desires change, making senior living communities an appealing option. These vibrant communities offer social engagement, convenience, and support, allowing seniors to truly thrive in their retirement years.

If you walk around the Trinity Woods campus you will hear words like ‘lucky’ or ‘blessed’ when people describe living here. What you will also hear is “I wish I had done it sooner.”

Residents often say that they thought Trinity Woods was a place you go when you “need” care. What they quickly learned was that this is a place you should “want” to go, long before you need any help. It’s a place to start really living and thriving again. They found a fulfilling new chapter.

Senior living communities are designed to promote independence while providing support where needed. With access to social events, wellness programs, and maintenance-free living, residents often experience a renewed sense of purpose and engagement.

Many find a sense of community – a real sense of belonging. For many seniors, loneliness can be a challenge, but in a senior living community, residents enjoy a built-in social network. Activities like game nights, fitness classes, and book clubs foster friendships and enrich lives.

“Engaging with people and activities provides opportunities for personal growth,” said Garrett Lee, CEO. “Moving to Trinity Woods allows seniors to embrace a lifestyle filled with joy, connection, and purpose.”

At Trinity Woods health and wellness are a priority. There are so many offerings from art classes, music performances, gardening, and life-long learning to keep residents mentally and physically active.

Communities like Trinity Woods offer maintenance-free living and peace of mind for residents and their family. Everyone feels better knowing they are in a safe, engaging, and supportive environment.

If you’ve been putting off the decision, ask yourself: **What am I waiting for?** Senior living offers freedom, fulfillment, and a future filled with possibilities. Don’t wait for circumstances to make the decision for you. Embrace the opportunity to enjoy your best years in a welcoming and enriching neighborhood like Trinity Woods.



Trinity Woods

Belong. Believe. Become.

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**Living Your Best Life:
Why Wait?**

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and Supper and a Show

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New Neighbors

Meet Kathy and David, Jim,
Helen and Jack!

By Weldon Tisdale, Chaplain



Embracing The Shift into Spring

“To everything there is a season...” Ecclesiastes 3:1 NKJV

As we step into the month of March, we find ourselves on the cusp of spring; a season of renewal, growth, and transformation. Ecclesiastes 3:1 reminds us, “To everything there is a season, and a time to every purpose under the heaven.” This verse beautifully encapsulates the essence of spring, a time when the world around us awakens from its winter slumber and bursts into life. The birds start singing a little louder, the days grow a bit longer, and there’s a palpable energy in the air—an invitation for us to rejuvenate our spirits and embrace the new.

A Time for Renewal

Spring is a season of renewal. Just as the earth sheds its winter coat and adorns itself in vibrant hues, we too are invited to embrace change and new beginnings. Ecclesiastes 3:1 encourages us to recognize that every season has its purpose. As we transition into spring, it’s an opportunity to reflect on the past, let go of what no longer serves us, and make room for new growth.

A Time for Growth

With the arrival of spring, nature demonstrates the power of growth. Trees sprout new leaves, flowers bloom, and the days grow longer. This season reminds us that growth is a natural and essential part of life. Ecclesiastes 3:1 teaches us that there is a time for everything,

including a time to grow. Whether it’s personal development, nurturing relationships, or pursuing new goals, spring is the perfect time to cultivate growth in our lives.

A Time for Transformation

Spring is also a season of transformation. The world around us undergoes a remarkable change, and we are invited to do the same. Ecclesiastes 3:1 speaks to the cyclical nature of life and the importance of embracing change. As we shift into spring, we can reflect on the areas of our lives that need transformation and take steps towards positive change.

Embrace the Season

As we welcome the month of March and the promise of spring, let’s take a moment to appreciate the wisdom of Ecclesiastes 3:1. This verse reminds us that every season has its purpose and that there is beauty in the natural rhythms of life. Let’s embrace the opportunities for renewal, growth, and transformation that spring offers and step into this new season with hope and optimism.

Wishing you a joyful and transformative shift into spring!



Join us for Ash Wednesday Service

March 5, 2025, at 10:00 a.m.

Trinity Woods Chapel

Ash Wednesday is a significant day in Western Christianity, marking the beginning of Lent, a 40-day period of fasting and repentance leading up to Easter. It falls six and a half weeks before Easter and is observed by many denominations.

On this day, worshippers attend services where ashes, made from the previous year’s Palm Sunday palms, are placed on their foreheads in the shape of a cross. This act symbolizes human mortality and the need for reconciliation with God. The ashes serve as a reminder of the biblical phrase, “Remember that you are dust, and to dust you shall return.”

All are welcome to attend this special service.

Senior Living Communities Often Viewed as a Gift To The Children

“It’s the best gift my parents could have possibly given us at this stage of life.”

Comments like this are common among adult children whose parents live in continuing care retirement communities (CCRC), sometimes referred to as life plan communities.

Research reveals that family members who care for an aging loved one often experience clinically significant signs of depression, have less time available to spend with friends and other family members, and sacrifice financially by taking time away from their careers or retiring early.

It’s no wonder then that those whose parents are happily living in a continuing care retirement community consider it a gift. A study of 3,700 family members of CCRC residents revealed that 93% feel that the CCRC is providing good services to their loved ones and 77% would be likely or very likely to consider a CCRC for themselves in the future.

Cited as the most important features of the community were transportation services, availability of a fitness center, housekeeping services, walking or biking paths, emergency call systems, and the availability of assisting living and healthcare services.

Senior living communities have built-in safety features, such as security measures that operate around the clock.

Of course, whether you are considering a CCRC for yourself or a loved one, finding the right fit requires doing proper research and due diligence. Contract details and pricing can vary dramatically from one provider to another. It is important to be sure that the community you are considering is a good match for your lifestyle, finances, and cultural preferences, and that it is well-managed, both operationally and financially.

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March Birthdays at Trinity Woods

Julia Couch.....1	Jean Priestley.....10	Marjorie Monnet.....26
Scampy Rainey.....1	Becky Doyle.....15	Mary Paull.....26
Doug Harrington.....3	Jan Hawks.....15	Marg Vilven.....27
Elisabeth Harrington.....4	June Cleary.....17	Patty Eaton.....27
Dale Carson.....4	Kay Dixon.....21	Sharon Miller.....29
Georgia Lawless.....8	Merna Jo Robinson.....22	Donna Lipe.....30
	Wanda Holbert.....23	Alan Perlingiere.....31
	Dick Pittenger.....23	Barry Selke.....31
	Erna Conatser.....25	

March Anniversaries

Gordon and Sally Gresh.....	3/7/2017
Tom and Betty Simmons.....	3/19/1954
Mouzon and Gayle Biggs.....	3/30/1961

In Memory of

David Schaaf.....	2/6/2025
Lucy Annett.....	2/10/2025
Anne Belt.....	2/15/2025
Wayne Tremble.....	2/21/2025



MARCh EVEnts



Magic City Books presents Elle Cosimano
Thursday, March 6 at 7 p.m.
Community Life Center, Westervelt Hall
Ticket Required

Trinity Woods is delighted to partner with Tulsa's thriving non-profit downtown bookstore, Magic City Books, to welcome Elle Cosimano for an event celebrating *Finlay Donovan Digs Her Own Grave*--the hugely anticipated next installment in the fan-favorite Finlay Donovan series. Elle Cosimano is a New York Times and USA Today bestselling author, an International Thriller Writers Award winner, and an Edgar Award nominee. Elle's debut novel for adults, *Finlay Donovan Is Killing It*, kicked off a witty, fast-paced contemporary mystery series, which was a People magazine pick and was named one of New York Public Library's Best Books of 2021.



Piatigorsky Foundation Cello & Piano Concert
Thursday, March 20 at 7 p.m.
Community Life Center, Westervelt Hall



Piano Concert: Don Irwin
Thursday, March 13 at 7 p.m.
Community Life Center, Westervelt Hall

Don't miss the chance to hear these international artists! Cellist Evan Drachman, Founder and Artistic Director of The Piatigorsky Foundation, has appeared regularly as soloist with orchestras, and in recitals and chamber music performances across the United States and abroad. Mr. Drachman studied at the Peabody Conservatory, the New England Conservatory, and received his BMA from the Curtis Institute of Music. Steinway artist Richard Dowling appears regularly across America and around the world in solo recitals, at chamber music and jazz/ragtime festivals, and as a guest soloist with orchestras. He is also a versatile recording artist with over a dozen CDs of classical, chamber, ragtime, jazz, and popular music. His recordings include a multi-CD set of the complete solo piano works of Scott Joplin, the renowned American ragtime composer.

We welcome back Steinway artist Don Irwin for an exciting and varied program featuring beautiful arrangements of your favorite popular music from past decades. Don's CDs will be available for purchase, cash or check, for \$20 each.

Supper & A Show: Folkin' Through the 50s & 60s
Thursday, March 27 at 6 p.m.
Community Life Center, Westervelt Hall
Tickets required.



6:00-6:30 Buffet Supper & Socializing: A yummy menu of Ham and Swiss wrap, house made chips, and a brownie.

6:30-7:30 Program: Paul “Buck” Stierle was hired by the New Christy Minstrels for his ability to manage, perform, sing and write songs. Buck along with his wife, Elizabeth, who is a ventriloquist, are full of harmonies and humor as they perform tunes like “Today”, “Green, Green”, “Hammer”, “Preacher and the Bear”, “This Land is Your Land”, “Jet Plane”, “California Dreamin’”, just to name a few. You are sure to be singing, clapping, and laughing along.



By Lupina Fry, Wellness Nurse

MARCh IS National Nutrition Month

What does proper nutrition look like? Depending on factors like age, health history, and lifestyle choices, it can encompass a spectrum of dietary approaches. Some people need high-calorie or maybe low-carb options, some need protein-rich or low-sugar, or a diet high in fiber compared to one that is low – there are so many dietary options depending on what a person needs for their health. Good nutrition is a personal journey that varies for everyone.

For older adults, it becomes especially important to ensure proper nutrition. Having sufficient protein helps to maintain muscle mass and adequate calcium. Vitamin D aids strong bones, and a fiber-rich diet supports healthy digestion and bowel regularity. A well-balanced diet not only fuels the body but also provides the energy needed to thrive in activities of daily living.

Understanding how to meet your own nutritional needs while minimizing stress on your body is critical. For instance, individuals with chronic kidney disease need to be concerned about their protein sources, while those with osteoporosis must recognize that simply increasing calcium intake might not be enough. Furthermore,

those managing hypertension should keep a close eye on their salt consumption, being mindful of recommended limits.

As the National Institutes of Health aptly put it, “Good nutrition essentially means giving your body the fuel it needs to function optimally.” March heralds National Nutrition Month, a special time dedicated to raising awareness about the profound impact of good nutrition on our lives. This month I invite you to embrace healthy choices that can enrich your quality of life. It’s vital to engage in meaningful conversations about your health goals with your doctor or a registered dietitian, no matter your age or when you decide to embark on a journey of seeking good nutrition.

At Trinity Woods, residents can consult with registered dietitian, Amber Carson. Amber has worked with the Trinity Woods dietary team for several years to ensure that nutritional needs are being met. She is available for free, one-on-one consultations every fifth Wednesday of the month. To schedule a visit with Amber during her next available date, please contact Lupina Fry, Wellness Nurse. Your journey to better nutrition could start right here!

Welcome to the Woods!

Kathy and David Bradshaw - Crestwood



Kathy and David Bradshaw
Crestwood

Meet Kathy and David Bradshaw! The Bradshaws are settling into their new home and connecting with old friends and family. They have been married for 38 years and have one daughter and one grandson.

Kathy was born and raised in Tulsa, OK. She is a graduate of Nathan Hale High School. She received her bachelor's degree in math from Northeastern State University and her master's degree in trade and industrial education from Oklahoma State University. Kathy had many jobs throughout her life – starting in the family business at Ziegler's to the telephone company to teaching high school math. She enjoys playing duplicate bridge and party bridge, and recently has started to learn to play mahjong. Kathy's connection to Trinity Woods runs deep as her mom and aunts all are residents.

David is from Clay County, North Carolina. He was born and raised in a little town called Haysville just miles from the Tennessee and Georgia border. He is a graduate of East Carolina University with a master's in biology. David was an environmental engineer for Boeing and served in the corporate auditor role for health and safety in the latter part of his career. He enjoys reading, mainly mysteries and science fiction.

Both Bradshaws are taking full advantage of the Spann Wellness Center pool and classes. They love the community because of its low stress and friendly neighbors.

Jim Bush – Felt House

Jim Bush was born and raised in Tulsa, OK and is a graduate of Will Rogers High School. He attended the University of Tulsa where he received his bachelor's and master's degrees in petroleum engineering. Jim served in the U.S. Army at Ft. Chaffee in Arkansas.

Jim met his late wife, Dee, when they were teenagers. Her family had moved down the street and attended the same church. She became his little sister's best friend. They dated on and off through high school. They married in 1958 and enjoyed 66 years together. They have three daughters (one of whom, Carri Matheson, works at Trinity Woods) and 10 grandchildren.

Jim spent the majority of his career in the oil and gas business. Recently Jim has started collecting stories for a new project he is working on called, Meant To Be. He is writing a book about how couples met. His goal is to have 100 love stories, so he can publish the book. He welcomes anyone to reach out to him if they would like to tell him their story.

Jim, along with his cat, Miss Kitty and dog, Maggie, are enjoying the campus and making new friends at Trinity Woods. He also admits, one of the best parts is getting to have lunch with his daughter on a regular basis.



Jim Bush
Felt House



Jack and Helen Vanderveen
Crestwood / Marshall Gaddy House

Jack and Helen Vanderveen - Crestwood/ Marshall Gaddy House

Meet Helen and Jack! The Vanderveens moved here from Bartlesville, OK. They met when they were in freshman chemistry together and have been married for 66 years. They have two children, four grandchildren, and five great grandchildren.

Helen is originally from O'Neal, Nebraska, which is close to the South Dakota border. She is a graduate of the University of Nebraska with a degree in medical technology. She spent most of her career as a medical technologist but also worked as a technologist for Phillips Petroleum in the R&D department.

Helen is a life-long learner and prides herself on learning something new every year. This year she is learning all about Trinity Woods. They both appreciate the heated pool in the Spann Wellness Center and all the delicious meals. In her spare time Helen enjoys playing bridge and recently she has really loved all the great movies on movie night.

March STARS Employees of the Month



Aaron Farr – Security Team

Start Date: August 2020
Born and Raised: Parishville, NY
Hobbies: Hunting, Fishing and Reading
Favorite Holiday: Christmas
Favorite Quote: Be of service to others and yourself in balance.
Family Recipe: Grandmother’s Burger Bean Cups
Collects: High End Model Cars and Farm Equipment Toys
Free Time: Enjoys Japanese Rom-Com videos
Fun Fact: Raised and Trained Horses and was an Adirondack Guide
What his supervisor says: “Aaron is an experienced officer and understands well, the role that Security plays in serving the needs of our residents. Our department very much appreciates the effort he puts in on a daily basis.” – Ron Brown, Security Director



Malik Meyers – Housekeeping Team

Start Date: March 2024
Born and Raised: Tulsa, OK
Wanted to be as a Kid: NBA Player
Favorite Sport: Basketball
One Meal Forever: BBQ
Described by Friends: Uplifting, Fearless, My Parents Favorite
Hobbies: Enjoys Exercising, and Playing Basketball and Video Games
First Job: Walmart
Favorite Holiday: Halloween
First Car: Chevy Suburban
Favorite Movie: Halloween 1, 2, and 3
Collects: Shoes
Motivated By: My Family
Free Time: Plays Video Games
Fun Fact: He is a Good Dancer
What his supervisor says: “Malik comes in every day with a smile on his face. No matter what we ask him to do he always answers ‘okie dokie’ and gets it done. He’s a good person who is polite and nice to everyone.” – Cathy Green, Housekeeping Manager



Trinity Woods Leadership Team

Garrett Lee
Chief Executive Officer

Crystal Creekmore
VP of Human Resources

Emilie Creswell
VP of Health Services

Dennis Graham
Chief Operating Officer

Bonnie J. Polak
VP of Philanthropy and Community Engagement and Editor

Jerome Steele
CFO and VP of Finance

Weldon Tisdale
Interim Director of Wellness



Nominate a Trinity Woods Employee for

STAR
of the Month

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**Trinity Woods Downsizing Event
Wednesday, April 2nd at 10:00 a.m.**

If you've considered decluttering and downsizing to create a simpler life, but don't know where to start—we're here to help!

The idea of downsizing can feel impossible, overwhelming, and stressful... after all it has “down” right in the word. The truth is, it doesn't need to be and can lead to financial relief, reduced stress and a healthier lifestyle. Join us and renowned expert Tiffany Light, Senior Move Manager at Senior Transitions, to gain practical advice and valuable insights as she shares actionable tips on downsizing.

**Call 918-727-8338
to register TODAY!**

**DISCOVER WHY
LESS IS MORE.**